



Dear Roughing It Day Camp Parent,

This summer Roughing It Day Camp is excited to be once again partnering with Kid Chow, the Bay Area's premier kids' lunch caterer, to provide delicious, nutritious chow to its campers. Kid Chow's brown bag lunches are designed for 'grab and go' camp days and are packed with food your kids will love: sandwiches, salads, vegetarian sushi, fresh organic summer fruits & veggies, cheese, yogurt tubes and sensible treats. **It's a perfect lunch for your child's active camp day.**

Each Kid Chow lunch includes an entrée, 2 lunch sides and a bottled water. Lunch prices are: \$5.75(Prek-2nd Fall '10), \$6.25 (3rd-8th Fall '10). An additional lunch side may be purchased for \$.50. You are welcome to order as often as you like. **There is no set minimum.** Lunches are served cool to room temperature and will be delivered to the camp in old fashioned brown lunch bags with an ice pack each morning by 9:00am.

How Do You Order Lunches?

Kid Chow is 100% online. Payment is via credit card (MC/Visa only)

If you are new to Kid Chow, go to www.Kidchow.com and click the Register link under the 'New to Kid Chow?' section. We encourage you to read our [Ordering Instructions](#) once you register but before ordering.

If you are an existing Kid Chow school customer, go to www.Kidchow.com and login in as usual. Please note, you will need to change your child's assigned school to the specific camp your child will be attending before placing your order. Click MANAGE ACCOUNT and then click *Edit Child* to make this change. If you are still ordering for the school year, you will need to change your child's assigned school from *the assigned camp* back to their current school to continue your school lunch ordering.

Kid Chow's ORDER DEADLINE is Monday at midnight, 1 week in advance of your camp session. For example, the order deadline for the camp week of 6/21 – 6/25 is Monday, 6/14 at midnight. You may order as often as you want. Kid Chow's **CANCEL DEADLINE** is the same as the order deadline, Monday's at midnight, 1 week in advance of your camp session.

Feel free to contact us directly if you have any questions at chow@kidchow.com or 415.830.0089. We look forward to serving your child fun and healthy food this summer.

CAMP LUNCH IS IN THE BAG!!

Summer Camp Brown Bag Menu 2010

Cold Lunch Entrees (Select 1 per lunch)

Sandwiches

- Turkey Sandwich** (Diestel roast turkey sandwich served w/condiments of choice)
- Ham Sandwich** (All natural nitrate-free ham sandwich served w/condiments of choice)
- Salami Sandwich** (All natural nitrate-free salami sandwich served w/condiments of choice)
- Veggie Deli Sandwich** (Choice of veg turkey or veg salami sandwich served w/condiments of choice)
- Tuna Fish Sandwich** (Chunk light tuna fish salad served with condiments of choice)
- Egg Salad Sandwich** (Egg salad sandwich made with cage free eggs, mayonnaise, lightly salted with condiments of choice)
- Cheese Sandwich** (Monterey or cheddar cheese sandwich served w/ condiments of choice)
- Teriyaki Chicken or Tofu Wrap** (Teriyaki rocky range chicken or soy deli tofu w/ rice and optional veggies (peas and corn) served in flour or whole wheat tortilla)
- Caprese Sandwich** (Fresh mozzarella and juicy tomatoes lightly seasoned with pesto served on a bakery roll)

Salads & Grains

- Vegetarian Sushi** (avocado, carrot, cucumber, tofu, plain rice, tamago or assortment)
- Pesto Pasta Salad** (Basil pesto served w/potpourri shaped pasta)
- Sesame Noodles** (Noodles with edamame and shredded carrots served in a sesame dressing)
- Cold Tortellini** (Four cheese tortellini served with choice of marinara sauce or olive oil & parmesan cheese)
- Caesar Salad** (Hearts of romaine served with grated parmesan cheese, crunchy croutons and Caesar dressing)

Old Standbys

- Yogurt Parfait** (Organic vanilla yogurt w/choice of fruit sprinkles, honey, banana slices & granola)
- Cold Pizza Pie** (Organic brick oven – thin crust cheese pizza served room temperature)
- Bagel** (Bagels and condiments of choice)

Lunch Sides (Select any 2 per lunch)

<p>Organic Fruits Peaches, Plums & Nectarines Summer's Grab Bag (Strawberries or grapes)</p> <p>Organic Veggies Edamame (Lightly salted steamed soybeans, in the pod) Carrots Red Bell Peppers Cherry Tomatoes</p>	<p>Dairy Mozzarella or Cheddar Cheese Sticks Hard Boiled Egg Yogurt tubes</p> <hr/> <p>Chips Cheese Puffs Popcorn Pretzel Twists BBQ Potato Chips Tortilla Chips</p>	<p>Desserts Trail Mix – Nut Free (Sunflower seeds, mixed dried fruit, yogurt raisins & honey sesame sticks) Fig Newman's (Fig cookie snack) Chocolate chip cookies (Brent & Sam's all natural chocolate chip cookies) Annie's Bunny Grahams Newman's Cookie O's w/vanilla crème (Oreo cookie)</p>
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Drinks : Bottled Water

Kid Chow's entire menu is available daily!!!

Kid Chow's menu and facility is nut-free

Kid Chow (www.kidchow.com)